

Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

~William Anthony~

PRINCIPLES OF SUPPORT

1. We will see the individual first.
2. We understand that mental illnesses are traumatic events.
3. We aim for better coping skills.
4. We find strength in sharing experiences.
5. We reject stigma and do not tolerate discrimination.
6. We won't judge anyone's pain as less than our own.
7. We forgive ourselves and reject guilt.
8. We embrace humor as healthy.
9. We accept that we cannot solve all problems.

Open Arms Now on the Web

Open Arms Drop-In Center is now on the web. We offer a virtual drop-in center for those who can't make it into the center or would prefer to chat during hours that the center isn't open. Please join our discussions. You may post anonymously and it's free to join. www.openarmsdrop-in.com

You may also email us at:
openarmsdrop-in@live.com

EXHIBIT #4
DATE 1-30-09
BY

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BY



"A place to belong, to share and to grow."

We are a community-based recovery program run by peers for peers. We offer a safe and supportive place where people can share similar experiences of treatment and recovery. Peer to peer support is open, honest, free and confidential.

OPEN ARMS DROP-IN CENTER

Medical Arts Building
300 N. Willson #802 H
Bozeman, MT 59715

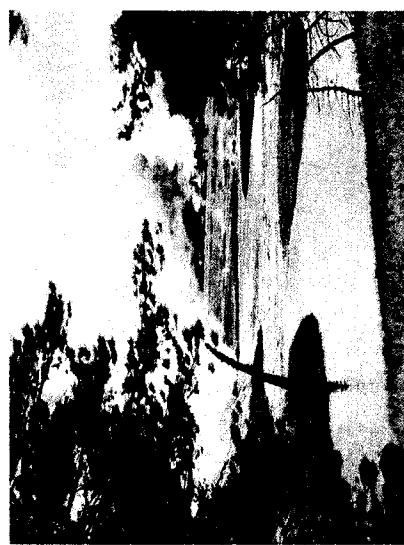
Phone: (406) 522-7357 ext:47
OPEN Monday-Friday 9a-6p
Saturday 10a-4p

Open Arms

What We Offer

At Open Arms Drop-In Center, we empower ourselves and each other to change the quality of our lives. We listen, respect and validate one another. We offer supportive and constructive feedback and help each other gain greater insight and informed understanding. We encourage independence in personal goal-setting, decision-making and problem-solving. We aid one another on a personal path of self-discovery and encourage a sense of belonging. We work in partnership with one another as guides, advocates and critical friends.

In collaboration with Gallatin Mental Health Center, Open Arms Drop-In Center offers a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms or emotional feelings. GMHC offers psychiatric, case management and therapy services to our drop-in peers.



Understanding and Hope

- Dual Recovery Groups
- Peer to Peer Groups
- NAMI Connections Meetings
- Computers
- Housing Help
- Help getting connected with GMHC
- Open Peer Groups
- Free Hair Cuts
- Clothes Closet
- Woman's Group
- Men's Group
- One on One Consults



Who We Serve

Open Arms is available to all people suffering from mental health problems, emotional mood disturbances, addictions, circumstantial situational difficulties, or to those who just need to talk to someone who understands.



GALLATIN MENTAL HEALTH CENTER

Gallatin Valley Open Arms Drop-In Center is a peer-operated, community based program that provides a safe, friendly, confidential, supportive and recovery-oriented environment; a place where people share similar experiences regarding treatment and recovery journeys without fear of judgment in the mental health field.

Our goals are to serve our peers in such a way that they may be able to feel empowered to change the quality of their lives; to listen to our peers and let them know that they are heard, respected and validated; to offer supportive and constructive feedback and help each other gain greater insight and understanding. We encourage independence in personal goal-setting, decision-making and problem-solving; aid our peers on a path of self-discovery, and encourage a sense of belonging. We work in partnership with our peers as guides, advocates, and as critical friends.

We offer a full line of support groups: peer to peer support, dual-diagnosed AA meetings, an introduction to budgeting class, journaling workshop, meditation and deep breathing groups, self-advocacy and recovery groups, a PTSD group, NAMI connections support group, a book club, and new groups are forming all the time.

In collaboration with Gallatin Mental Health Center, we offer a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings. The GMHC offers psychiatric, case-management and therapy services to our drop-in peers.

The Open Arms Drop-In Center first opened its doors on June 30th of this year and is open Monday through Saturday from 10:00 am to 6:00 pm. We are located in Medical Arts Building at 300 North Willson, suite 802H, in Bozeman.

Open Arms is open to all people who may have mental health problems or issues, emotional or mood disturbances, addictions, or who may feel set back by circumstances beyond control that may require assistance in connecting to services offered by the community, or to those who just need to talk to someone who understands. We are here to help, and we welcome all.

